

HCW TO LIVE 200 YEARS.

Bar Salt and Liquids, Says Herr Salomonson, and You May.

A man with a strange mission has arrived in London from Ascona, on Lake Maggiore, Switzerland, says the London Mail. His object is to induce the English people to abandon the use of salt and all liquids. He himself has not drunk of anything for two years and two months, and hopes to attain a great age by persevering with that peculiar form of abstinence.

At Ascona he has founded a colony of men and women disciples, who rigorously eschew salt and liquids, work in the field in primitive garb, and, when the weather is suitable, sleep on the bare ground, from which they are supposed to extract natural magnetic currents.

Herr Joseph Salomonson, the "reformer" in question, has already gained a number of adherents in London and on the continent, including several well known physicians and scientists. He asserts that the mode of living advocated by himself and his followers is the only one that is natural and healthy, and by its adoption a man or woman may add considerably to the span of life.

"There is not a sound man in the world," he told the writer, "and yet the people who eat salt and drink water live to be as old as 90, or even 100. When we live a natural life I see no reason why we should not attain 100 or 250 years."

Salt, according to Herr Salomonson, who is a man of considerable education, is the first link in a chain of modern evils. It leads to the eating of animal food, which in its turn necessitates the taking of liquids.

"The abolition of these three so-called 'necessaries,' he proceeded, "would do away with all sickness. Drugs would not be required; in fact, they would have no effect on a body built up by natural means. In this country you establish sanatoria for ailing persons, whom you continue to supply with food upon which the very bacteria you seek to destroy thrive the best.

"Salt is not only ruinous to the body, but it is damaging to the soul and destructive of the intellect, while water or any other form of liquid is a mere burden to the stomach, and has no value at all."

GRIEF AND BROKEN HEART.

Sudden Death from Emotion Not Uncommon Outside of Novels.

Sudden deaths from emotion or grief are stock incidents with writers of fiction and appeal to the reader on account of their purely dramatic effect. They are not without their parallel, however, in actual fact. The "broken heart," says the New York Herald, is explained by other causes than actual rupture of the organ. In exceptional cases of profound mental shock weak persons have been known to expire suddenly with all the symptoms of heart failure.

The disconsolate widow who fell lead while her husband's body was being interred was evidently an instance in point. Worn by overpowering sorrow, crushed in spirit and with a firm conviction that it was impossible for her to survive her loss, there was only needed a final test of strength to bring about fatal exhaustion.

The powerful emotions at work evidently affected heart action in a direct manner. Usually under such circumstances there is some organic trouble or particular physical weakness that acts as a contributory cause, but not always. Numerous similar cases are on record in which the post-mortem examinations failed to show any other cause for death. Brouardel, in his work on "Sudden Death," gives some examples. The victims have been known either to die in a faint or expire suddenly with a shriek. Fortunately the occurrences are very rare among the daily severe afflictions of humanity. Religion, duty, philosophy and resignation strike the other balance, and thus allow time to do its beneficent and healing work. The brave facing of the initiative shock is the first victory.

Biggest Monkey.

The biggest monkey ever exhibited is a gorilla 6 feet 10 inches high, with an arm-spread of 9 feet 3 inches, from the Cameroons, West Africa. He stands with his skeleton beside him in the museum of Hamburg.

GRAIN FROM THE YUKON.

Steady Northerly March of Limit of Wheat Production.

A Canadian correspondent of the Glasgow Herald draws attention to the possibilities of receiving grain from the Yukon. He remarks that "it is curious how the northerly limit of wheat production has continually advanced. Not so many years ago the very idea of raising wheat anywhere in the Canadian west was accounted as absurd. Then it was found that wheat could be grown, and profitably grown, in Manitoba. But the people of Manitoba were equally skeptical as to the possibilities of growing wheat in the Saskatchewan country, until adventurous farmers had proved the Saskatchewan valley to be an even greater wheat-country than Manitoba. Then the limit of credulity was placed in the Peace river country, far north of Edmonton; but men brought down samples of wheat raised on the Indian reservations on the Peace river that were superior to anything that had previously been seen. And now an authentic report states that wheat can be grown successfully in the Yukon. An American scientist, H. Brian Pearson, writing about the agricultural possibilities of the Yukon, says: 'From a residence in the country extending over some years, I can state that all the hardy cereals and vegetables can be grown there; in fact, I have raised various kinds both at the coast and in

the interior. There are thousands of acres of land in this region available both for agricultural purposes and for stock-raising. This land is far richer in the earthy phosphates than that in many of the eastern states. Alaska and the Yukon will probably be capable of ultimately exporting millions of bushels of wheat and other grains to add to the world's present supply.' It is improbable that we shall have to fall back upon the Yukon for wheat for many years to come; but the fact remains that it must now be classed among the regions capable of growing marketable grain."

Knights and Ladies.

The district convention of the Knights and Ladies of Security was held in this city Tuesday and Wednesday the convention being attended by many delegates. The meeting was very interesting and resulted in much being accomplished for the good of the order. The convention closed on Wednesday night with a big reception and banquet. A program of much excellence was rendered and the menu was replete with good things. This order is growing at a wonderful rate.

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